

Sausage Pie

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Serves 6

Blue – 4

Purple -4

Green – 7

Sausage

- 1 lb 99% fat free ground turkey
- 1 tsp dried sage
- 1 tsp salt
- 1/2 tsp white pepper (black is fine too)
- 1/4 tsp crushed red pepper
- pinch marjoram
- ****Can substitute 1 1/2 tsp poultry seasoning can be substituted for sage and marjoram

Pie

- 1 recipe turkey sausage – see above
- 8 oz Cabot Lite 75% reduced fat cheddar cheese, shredded
- 1 1/4 cups 1% milk
- 3 eggs
- 3/4 cup Heart Healthy Bisquick
- 3/4 tsp sage (can substitute poultry seasoning)
- 1/4 tsp pepper

Sausage

1. In a small bowl, mix all spices
2. In a larger bowl, place ground turkey. Sprinkle seasonings over turkey and mix very well with hands until all the seasonings are distributed throughout the meat.
3. Cook until cooked through. I use a small amount of oil and non stick cooking spray to keep turkey from sticking.

Pie

1. While sausage is still in pan, stir in 1 1/2 cups cheese until well combined. Transfer mixture to a greased 9 inch deep dish pie pan
2. In a small bowl, combine eggs, milk, Bisquick, sage and pepper. Pour over sausage mixture.
3. Sprinkle with remaining cheese and bake 1-2 minutes more or until cheese is melted. Let stand 10 minutes before cutting.